BOWFLEX®

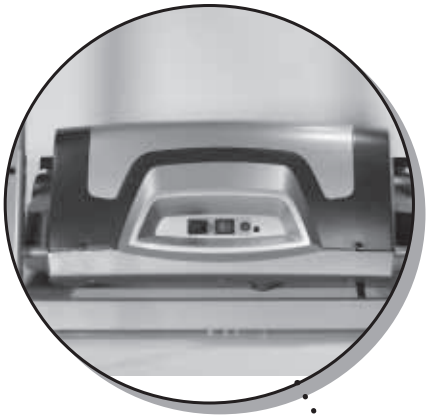
Treadmills

Bowflex® 3, 5 & 7 Series Treadmills

Owner's Manual

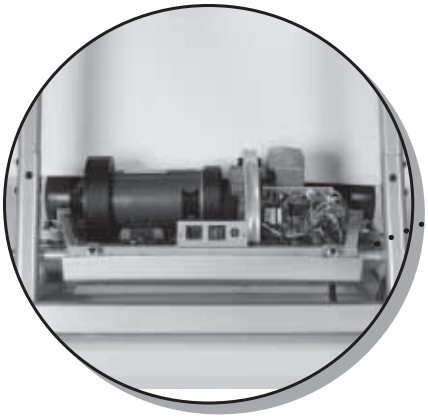
P/N: 18571 Rev E (07/01/2007)

Bowflex® Treadmills Product Features



Motor Cover

Console



Motor

Lever Release

Preface

Congratulations! You've just taken a big step towards improving your health and fitness. Your new Bowflex® treadmill will help you lose weight, increase your cardiovascular efficiency and ultimately help you look and feel better than ever before.

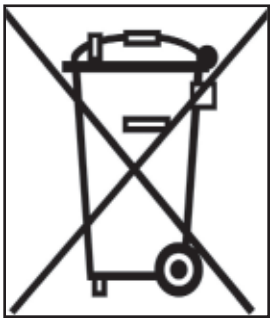
With its innovative features and programs, you'll enjoy maximum workout variety – you can even use the built-in heart rate monitor to track your fitness progress. In this manual, you'll find step-by-step guidance on how to use this feature and all other features on your new machine.

Before you begin please read through this entire Owner's Manual and the Assembly Guide. It's important to understand how to assemble and use the machine properly – not only for your safety, but also to learn how to get the best results possible.

Once you've read and followed the guidelines in this manual, and your treadmill is fully assembled, you'll be on your way to fast fitness and the body you desire. Enjoy!

Recycling

Do not dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal contact a Nautilus, Inc. Customer Service Representative. Contact information is available in the Important Contact Numbers section in this manual.



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Important Safety Precautions

The following definition applies to the word "**Warning**" found throughout this manual:

WARNING Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Prior to using this equipment, observe the following warnings.

- Read and understand the complete Owners Manual.
- Read and understand all Warnings on this machine.

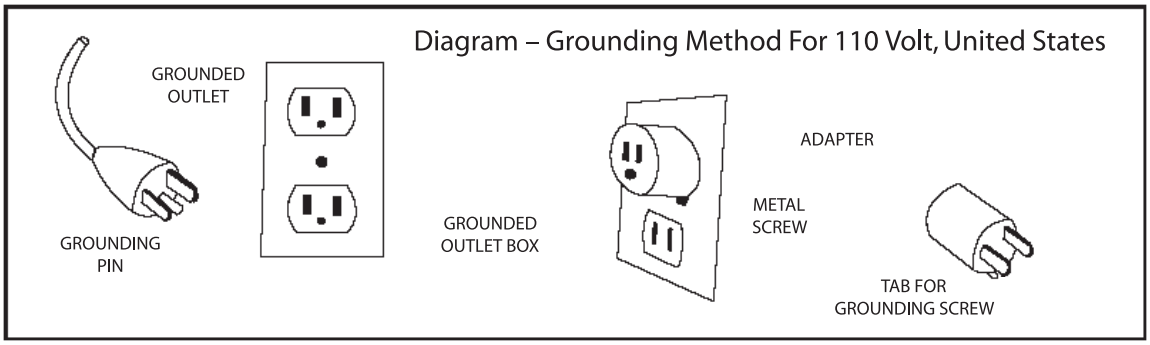
- Keep children away from this machine and/or supervise them closely if they are near the machine or present during its operation. This machine is not suitable as a children's toy. There is a natural tendency for children to want to play on exercise equipment and parents and others in charge of children should be aware of their respective responsibilities. Moving parts that may appear to present obvious hazards to adults may not appear to do so to children.
- Consult a physician prior to commencing an exercise program. If, at any time, you feel faint or dizzy, or experience pain, stop and consult your physician.
- Inspect this machine for loose parts or signs of wear. Do not use if found in this condition; contact Nautilus, Inc Customer Service.
- This machine contains moving parts. Use Caution. Do not wear loose clothing or jewelry.
- The Bowflex® 3 Series has a maximum user weight limit of 275 lbs. (125 kgs). The Bowflex® 5 and 7 Series have a maximum user weight limit of 300 lbs (136 kgs). Do not use if you are over this weight.
- Care should be taken in mounting and dismounting this machine.
- Disconnect all power before servicing the treadmill.
- Read, understand and test the emergency stop procedures before use.
- Do not operate this machine in damp or wet locations.
- The recommended minimum clearance required around each treadmill for access to passage around and emergency dismount are 0.5m (19.7 inches) on each side of the treadmill and 2.0m (79 inches) behind the machine.
- Keep the walking belt clean and dry.
- Operate the machine in the manner described in this manual. It can be hazardous to over-exert yourself during exercise.

Important Safety Precautions

- Plug the power cord of the treadmill directly into a dedicated grounded circuit carrying 15 amps (110 Volt model) or 7 amps (220 Volt model). We recommend the use of a surge protector. Position the treadmill so that the wall plug is visible and accessible. If the Bowflex® Treadmill power cord is damaged, it must be replaced with a new power cord from Nautilus, Inc. Please contact your local dealer or Nautilus, Inc. directly.
- Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Treadmill mats can usually be purchased from your treadmill dealer.
- Always wear running or aerobic shoes with rubber soles.
- Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
- Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the foot rails on the sides of the frame until the belt is moving. Care should be used when mounting or dismounting the treadmill.
- Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
- The Bowflex® 3, 5 and 7 Series treadmills are for home use only.
- When you are not using the treadmill, unplug the power cord and remove the safety pull pin.

Grounding Instructions

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. The power cord is equipped with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



Important Safety Precautions

SAFETY WARNING LABELS

The following safety warnings are located on the Bowflex® 3, 5, and 7 Series treadmills. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Nautilus, Inc. Representative at 1-800-864-1270 (USA), 1-800-636-8316 (French Canadian) or +41-26-460-77-77 (International).

Label 1: "Failure to follow these safeguards may result in serious injury or health problems.

⚠ WARNING

1. Remove control key when not in use and store out of reach of children.
2. If you feel any unusual pain or tightness in your chest, shortness of breath, or dizziness, feel faint or have any discomfort while you exercise, STOP!

⚠ CAUTION

1. To avoid injury, stand on the side rails before starting treadmill.
2. Read and understand Owner's Manual and operation instructions prior to use. If you do not have an Owner's Manual call 800-864-1270 to obtain one.
3. Keep pets and children away.
4. Max user wt. 275 lbs / 125 kgs for 3 Series and 300 lbs / 136 kgs for Series 5 and 7.

Location: On the inside of both handrails.

Label 2: ⚠ WARNING

"Electric shock hazard. Do not open cover."

Location: On the motor cover on the right hand side, in the front of the machine.

Important Safety Precautions

Emergency Stop Procedures

Your treadmill is equipped with a SAFETY KEY that can protect you from serious injury. The safety key uses a magnetic key to hold it in the proper position. Insert the safety key fully into the safety keyhole.

ALWAYS CLIP THE SAFETY KEY CLIP TO YOUR CLOTHING DURING YOUR WORKOUT. UNLESS THERE IS AN EMERGENCY, DO NOT REMOVE THE SAFETY KEY WHEN STANDING OR WALKING ON THE WALKING BELT WHILE IN MOTION.

WARNING

If the safety key is removed from the treadmill while it is in use, the treadmill will stop immediately.

This feature is meant to prevent serious harm and, when used properly, is an excellent way to protect your safety during your workout.

Normal Stop Procedures

1. Step off belt onto the side rails.
2. Press **STOP** or **START/PAUSE.** The walking belt will stop.
3. Press **POWER** to turn off the treadmill.

NOTE: For an immediate stop, press the POWER button, the STOP button or remove the safety pull pin. **CAUTION – THE BELT WILL STOP ABRUPTLY.**

Using Your Bowflex® Treadmill

Getting Started

Prior to beginning any exercise program, obtain a physical exam from your physician or healthcare professional. If at any time during exercise you feel faint, dizzy or short of breath, or experience chest pain, stop exercising immediately! If the condition persists, you should consult your physician or healthcare professional before resuming exercise activities.

Now it's time to get accustomed to your treadmill. Before you get on your treadmill, stand along side it, and get used to the controls. Then get on, straddling the belt by standing on the foot rails and putting both hands on the hand rails.

Next, turn the machine on and set the speed at 1 MPH (1.6 Km/h) or 2 MPH (3.2 Km/h). Step on the belt, and begin walking. After you feel comfortable, slowly increase the speed to 2 MPH (3.2 Km/h) or 3 MPH (4.8 Km/h). Stay at that speed for 10 minutes. Slowly bring the machine to a stop and step off.

Going Forward

Walk a mile at a steady pace, and record your time. It will take between 15 and 25 minutes. At 3 MPH (4.8 Km/h), a mile will take about 20 minutes. After you can do this a few times fairly easily, you can gradually increase your speed and grade so you are getting a good workout that lasts 30 minutes. Remember when you begin a walking program, you can always take it slowly.

How Often Should You Exercise?

- The goal – three to five times a week, for 15 to 60 minutes.
- Schedule workouts in advance; try to work out even when you don't want to.
- Control the intensity of workout by speed and/or by incline.
- Start off at 0% incline. As you increase your workout intensity, you can begin to elevate the machine.

Suggested Workouts

The Quick Workout

- 15 to 20 minutes.
- Warm up for 2 minutes at 3 MPH (4.8 Km/h).
- Increase speed to 3.3 MPH (5.3 Km/h) then to 3.6 MPH (5.8 Km/h) for 2 minutes each.
- Add 0.2 MPH (0.3 Km/h) of speed every 2 minutes until you reach a speed at which you're breathing hard, but not out of breath. Maintain this speed, slowing by 0.2 MPH (0.3 Km/h) increments if you get out of breath. Cool down for the last 4 minutes by slowing down to 3 MPH (4.8 Km/h).
- If you have a hard time reaching the breathe-hard intensity through speed increases, slightly increase the machine's incline. A small increase in incline will raise the intensity of your workout.

The Calorie Burner

- This intense workout helps you burn more calories.
- Warm up for 5 minutes at 2.5 MPH (4.0 Km/h) or 3 MPH (3.2 Km/h).
- Increase 0.2 MPH (0.3 Km/h) every 2 minutes until you find a challenging pace that you can maintain for 45 minutes.
- To boost your workout, walk for the duration of an hour long TV show.
- Increase the speed 0.2 MPH (0.3 Km/h) during every commercial break.
- Go back to your regular speed until the next break. This helps you increase the calorie burn during the ad and while your heart rate is elevated afterward.
- Leave 4 minutes at the end to walk at 3 MPH (4.8 Km/h) for cooling down.

What to Wear

You'll need a good pair of shoes. Running shoes are not very good for walkers; choose walking shoes with a firm heel counter – the hard piece at the back of the shoe that holds the heel in place – and plenty of room for toes so they can spread out as they push off. Wear appropriate clothes for exercise.

Stretching

At any level of walking, a stretching session is a good idea. Warm muscles respond better to stretches than cold ones, so walk for 5 or 10 minutes until you're warm. Then stop and complete the stretches listed below – 5 times, 10 or more seconds each, for each leg. Repeat at the end of the walk.

- **Achilles Tendon and Calf** – With both hands against a wall, place one foot behind you. Keeping the rear leg straight and your heel on the ground, lean in toward the wall. Repeat for the other leg.
- **Quadriceps** – Put your left hand on a wall or table for balance. Then reach your right hand behind your back and grasp your right ankle, pulling it gently towards your buttocks until you feel tension along the front of your thigh. Repeat on other side.
- **Hamstring** – Stand on one leg and prop the other leg parallel to the ground on a table or cabinet top. Slide both hands toward the propped-up ankle as far as they'll go. Repeat on other side.

Good luck in achieving your fitness goals! The best time to start is NOW!

Using Your Heart Rate Monitor

Touch Heart Rate

Touch heart rate grip enables you to monitor your pulse before, during and after your workout. Your heart rate will read out on your console's display.

NOTE: If you are new to using a treadmill, step off the walking belt onto the side rails to use the touch heart rate feature.

How to Use the Touch Heart Rate Monitor:

1. Step off the walking belt on to the side rails.
2. Turn the treadmill on.
3. Press QUICK START. The belt will start to move at 0.5 MPH (0.8 Km/h).
4. Place your hands on the metal sensors located on the grips; your right hand should be gripping the right sensor and your left hand should be gripping the left sensor.
5. Be careful not to place too much pressure on the grip; this could make the pulse reading inaccurate.
6. After six or seven heartbeats, your pulse will be displayed in the heart-rate window.
7. Press POWER to turn off the treadmill.

How to Use Your Chest Strap

The Chest Strap is available for use with the Bowflex® 7 Series treadmills sold in the United States and Canada, along with all Bowflex® 3, 5 and 7 Series treadmills sold internationally.

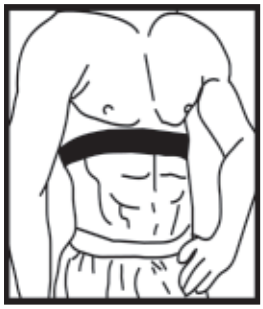
Using your chest strap, you can monitor your heart rate at any time during your workout. Or you can use a pre-programmed heart rate function.

1. Attach the transmitter to the elastic strap.

2. Adjust the strap length to fit snugly and comfortably against your skin. Secure the strap around your chest, just below the chest muscles, and buckle it.

3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.

4. Check that the wet electrode areas are firmly against your skin.



- The chest strap will send your heart rate to the treadmill's receiver. Your pulse will be displayed within a matter of several seconds.
- If your treadmill is equipped with heart rate programs, you will find an explanation of the heart rate programs on the following pages in this user's manual.

How to Operate Your Bowflex® Treadmill

Before starting, straddle the belt and stand on the side rails. Do not stand on the walking belt while starting or stopping the treadmill. Insert the safety pull pin and attach the safety pull rope to your clothes. If you are a new user, stay at a slow speed and hold onto the hand rails until you become comfortable.

Quick Start

1. Press POWER
2. Press QUICK START. The belt will start to move at 0.5 MPH (0.8 Km/h).
3. Adjust speed and incline using ARROW keys.

To Stop

1. Step off belt onto the side rails.
2. Press STOP or START/PAUSE. Walking belt will stop.
3. Press POWER to turn off the treadmill.

NOTE: For an immediate stop, press the POWER button, the STOP button or pull out the safety pull pin. **CAUTION – THE BELT WILL STOP ABRUPTLY.**

Programs 1-6 (3 Series, 5 Series & 7 Series Treadmills)

P1 - Manual Mode

1. Press POWER; "ENTER WEIGHT" will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Select Program P1 for Manual mode using ARROW keys or numeric keypad. Press ENTER.
4. Adjust workout time (5-99 minutes) using ARROW keys or numeric keypad. Press ENTER.
5. "PRESS START" will scroll across display prompting the user to begin workout.
6. Press START/PAUSE. The time will begin to count down and the walking belt will begin to move at minimum speed.
7. Adjust SPEED and INCLINE with ARROW keys.
8. At the end of the workout, the unit will enter the COOL DOWN MODE. Press POWER to turn off the treadmill or allow the treadmill to shut off automatically after 5 minutes.

P2- Cardio, P3 - Running, P4 - Fat Burn, P5 - Speed Interval, P6 - Hill Interval

1. Press POWER; "ENTER WEIGHT" will scroll across display.

2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.

3. Select Program P2, P3, P4, P5 or P6 using the PROGRAM or ARROW keys or numeric keypad. Press ENTER.

4. Adjust workout time (5-99 minutes) using ARROW keys or numeric keypad. Press ENTER.

5. "PRESS START" will scroll across display prompting the user to begin workout.

6. Press START/PAUSE. The time will begin to count down and the walking belt will begin at minimum speed.

7. Adjust speed using the SPEED arrows.

8. These programs change the elevation automatically.

9. Each program is divided into 21 segments. The display will beep before each incline change.

10. At the end of the workout, the unit will enter the COOL DOWN MODE. Press POWER to turn off the treadmill or allow the treadmill to shut off automatically after 5 minutes.

NOTE: You can temporarily override the incline of any segment by using the INCLINE ARROW keys. The override will last until the next segment change.

Programs 7-12 for 5 Series Treadmill

P7 - Fitness Test Speed & P8 - Fitness Test Grade

There are two separate Fitness Tests: one is a Speed Controlled workload, the other is an Elevation (Grade) Controlled workload. These tests will gently increase the workload by changing either speed or elevation until your heart rate is within a given range. "Fitness" is determined by comparing the workload to the user's heart rate. Higher workloads and lower heart rates give higher "fitness" scores.

1. Press POWER; "ENTER WEIGHT" will scroll across display.

2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.

3. Select P7 - Fitness Test Speed or P8 - Fitness Test Grade using ARROW keys or numeric keypad. Press ENTER.

4. Select "1" Male or "2" Female. Press ENTER.

5. "ENTER AGE" will scroll across display and "34" will flash in TIME display.

6. Use the Up/Down ARROW keys or numeric keypad to set the users age (10-99). Press ENTER.

7. "ENTER HEART RATE TEST ZONE" will scroll across display and suggested heart rate (calculated from entered age) will flash in TIME display.

8. The Up/Down ARROW keys or numeric keypad may be used to select another target heart rate (70-200) if you desire. Press ENTER.

9. "PRESS START" will scroll across display prompting the user to begin workout.

10. Press START/PAUSE to start workout.

11. At the end of the workout the estimated maximal aerobic capacity will be displayed. The results are compared to normative values of the same age and gender1 (see below), and given a fitness rating of "Low", "Fair", "Average", "Good", or "High."

Fitness Rating Norms (VO2max)

AGE

		20 – 29	30 – 39	40 – 49	50 – 59	60 +
Men						
	High	51.4 +	50.4 +	48.2 +	45.3 +	42.5 +
	Good	51.3 – 46.8	50.3 – 44.6	48.1 – 41.8	45.2 – 38.5	42.4 – 35.3
	Average	46.7 – 42.5	44.5 – 41.0	41.7 – 38.1	38.4 – 35.2	35.2 – 31.8
	Fair	42.4 – 39.5	40.9 – 37.4	38.0 – 35.1	35.1 – 32.3	31.7 – 28.7
	Low	39.4 or less	37.3 or less	35.0 or less	32.2 or less	28.6 or less
Women						
	High	44.2 +	41.0 +	39.5 +	35.2 +	35.2 +
	Good	44.1 – 38.1	40.9 – 36.7	39.4 – 33.8	35.1 – 30.9	35.1 – 29.4
	Average	38.0 – 35.2	36.6 – 33.8	33.7 – 30.9	30.8 – 28.2	29.3 – 25.8
	Fair	35.1 – 32.3	33.7 – 30.5	30.8 – 28.3	28.1 – 25.5	25.7 – 23.8
	Low	32.2 or less	30.4 or less	28.2 or less	25.4 or less	23.7 or less

1 The American College of Sports Medicine, Guidelines for Exercise Testing and Prescription, 6th Edition, Lippincott WIlliams & Wilkins, Philadelphia, PA, 2000, p. 77.

P9 - Calorie Goal Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P9 for the Calorie Goal Program. Press ENTER.
4. “ENTER CALORIE GOAL” will scroll across display and “100” (or last entered value) will flash in TIME display.
5. Use the Up/Down ARROW keys or numeric keypad to set the desired calorie goal (50-9999). Press ENTER.
6. “PRESS START” will scroll across display, prompting the user to begin workout.
7. Press START/PAUSE to start workout; adjust SPEED and INCLINE to your personal preference.
8. Calorie Goal is displayed in SPEED display (when Calories LED is illuminated) and will count down to zero as the workout ends.
9. The treadmill will then enter the Cool Down Mode.

NOTE: Speed and incline are user controlled throughout this program.

P10 - Distance Goal Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P10 for the Distance Goal Program. Press ENTER.
4. ENTER DISTANCE GOAL will scroll across display and “1.00” (or last entered value) will flash in TIME display.
5. Use the Up/Down ARROW keys or numeric keypad to set the desired distance goal (0.25 – 25.00 MI / 0.40 - 40.00 KM). Press ENTER.
6. “PRESS START” will scroll across display prompting the user to begin workout.
7. Press START/PAUSE to start workout.

P11 - Fat Burn Heart Rate Control Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P11 Fat Burn Heart Rate Program. Press ENTER.
4. “ENTER WORKOUT TIME” will scroll across display and “20:00” (or last entered value) will flash in TIME display.
5. “ENTER AGE” will scroll across display and “34” will flash in TIME display.
6. Use the Up/Down ARROW keys or numeric keypad to set the users age (10-99). Press ENTER.
7. “ENTER TARGET HEART RATE” will scroll across display and suggested heart rate (calculated from entered age) will flash in TIME display.
8. The Up/Down ARROW keys or numeric keypad may be used to select another target heart rate (70-200) if you desire. Press ENTER.
9. “PRESS START” will scroll across display prompting you to begin your workout.
10. Press START/PAUSE to start workout.

Custom User Programs

P12 - User Defined 1 & P13 - User Defined 2

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select the User Programs P12 or P13. Press ENTER.
4. “ENTER WORKOUT TIME” will scroll across display and “20:00” will flash in TIME display (or last entered time).
5. Use the Up/Down ARROW keys or numeric keypad to set the desired workout time (5:00-99:00). Press ENTER.
6. “PRESS START” will scroll across display prompting you to begin your workout.
7. Press START/PAUSE to start workout. Set SPEED and INCLINE for the first segment using the SPEED and INCLINE buttons. At the end of segment one the program moves to the second segment. Set the SPEED and INCLINE the same way.
8. The incline profile is shown in the dot matrix display and time will count down from the entered value until it reaches 00:00.
9. The treadmill will then enter the COOL DOWN MODE.

Programs 7-16 for 7 Series Treadmill

P7 - Program, 5K Run

1. Press POWER; “ENTER WEIGHT” will scroll across display.

2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.

3. Use the Up/Down ARROW keys or numeric keypad to select P7 5K Run. Press ENTER.

4. “PRESS START” will scroll across display prompting you to begin your workout.

5. Press START/PAUSE to start workout.

Heart Strength - Fitness Tests

P8 - Fitness Test Speed & P9 - Fitness Test Grade

There are two separate Fitness Tests: one is a Speed Controlled workload, the other is an Elevation (Grade) Controlled workload. These tests will gently increase the workload by changing either speed or elevation until your heart rate is within a given range. “Fitness” is determined by comparing the workload to the user’s heart rate. Higher workloads and lower heart rates give higher “fitness” scores.

1. Press POWER; “ENTER WEIGHT” will scroll across display.

2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.

3. Select P8 - Fitness Test Speed or P9 - Fitness Test Grade using ARROW keys or numeric keypad. Press ENTER..

4. Select “1” Male or “2” Female. Press ENTER.

5. “ENTER AGE” will scroll across display and “34” will flash in TIME display.

6. Use the Up/Down ARROW keys or numeric keypad to set the users age (10-99) Press ENTER.

7. “ENTER HEART RATE TEST ZONE” will scroll across display and suggested heart rate (calculated from entered age) will flash in TIME display.

8. The Up/Down ARROW keys or numeric keypad may be used to select another target heart rate (70-200) if you desire. Press ENTER.

9. “PRESS START” will scroll across display prompting the user to begin workout.

10. Press START/PAUSE to start workout.

11. At the end of the workout the estimated maximal aerobic capacity will be displayed. The results are compared to normative values of the same age and gender1 (see Fitness Rating Norms on Page 15), and given a fitness rating of “Low”, “Fair”, “Average”, “Good”, or “High.”

P10 - Calorie Goal Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P10 for the Calorie Goal Program. Press ENTER.
4. “ENTER CALORIE GOAL” will scroll across display and “100” (or last entered value) will flash in TIME display.
5. Use the Up/Down ARROW keys or numeric keypad to set the desired calorie goal (50-9999). Press ENTER.
6. “PRESS START” will scroll across display, prompting the user to begin workout.
7. Press START/PAUSE to start workout; adjust SPEED and INCLINE to your personal preference.
8. Calorie Goal is displayed in SPEED display (when Calories LED is illuminated) and will count down to zero as the workout ends.
9. The treadmill will then enter the Cool Down Mode.

NOTE: Speed and incline are user controlled throughout this program.

P11 - Distance Goal Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P11 for the Distance Goal Program. Press ENTER.
4. ENTER DISTANCE GOAL will scroll across display and “1.00” (or last entered value) will flash in TIME display.
5. Use the Up/Down ARROW keys or numeric keypad to set the desired distance goal (0.25 – 25.00 MI / 0.40 - 40 KM). Press ENTER.
6. “PRESS START” will scroll across display prompting the user to begin workout.
7. Press START/PAUSE to start workout.

P12 - Fat Burn Heart Rate Control Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P12 Fat Burn Heart Rate Program. Press ENTER.
4. “ENTER WORKOUT TIME” will scroll across display and “20:00” (or last entered value) will flash in TIME display.
5. “ENTER AGE” will scroll across display and “34” will flash in TIME display.
6. Use the Up/Down ARROW keys or numeric keypad to set the users age (10-99). Press ENTER.
7. “ENTER TARGET HEART RATE” will scroll across display and suggested heart rate (calculated from entered age) will flash in TIME display.
8. The Up/Down ARROW keys or numeric keypad may be used to select another target heart rate (70-200) if you desire. Press ENTER.
9. “PRESS START” will scroll across display prompting you to begin your workout.
10. Press START/PAUSE to start workout.

P13 - Cardio Heart Rate Control Program

1. Press POWER; “ENTER WEIGHT” will scroll across display.
2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.
3. Use the Up/Down ARROW keys or numeric keypad to select P13 Cardio Heart Rate Program. Press ENTER.
4. “ENTER WORKOUT TIME” will scroll across display and “20:00” (or last entered value) will flash in TIME display.
5. Use the Up/Down ARROW keys or numeric keypad to set the desired workout time (5:00–99:00). Press ENTER.
6. “ENTER AGE” will scroll across display and “34” will flash in TIME display.
7. Use the Up/Down ARROW keys or numeric keypad to set your age (10-99). Press ENTER.
8. “ENTER TARGET HEART RATE” will scroll across display and suggested heart rate will flash in TIME display (calculated from entered age).
9. The Up/Down ARROW keys or numeric keypad may be used to select another target heart rate (70-200) if you desire. Press ENTER.
10. “PRESS START” will scroll across display prompting the user to begin workout.

11. Press START/PAUSE to start workout; the program will begin in the Warm-Up mode.

12. The Up/Down ARROW keys may be used to adjust SPEED and INCLINE to slowly increase your heart rate at any time during the program.

P14 - BMI (Body Mass Index) Calculation

This is not a fitness test or a course profile but rather a calculation to show ideal weight range for your height. BMI is a useful tool that shows the relationship between weight and height that is associated with body fat and health risk. There are limitations however. It may overestimate body fat in athletes and others who have a muscular build. It may also underestimate body fat in older persons and others who have lost muscle mass.

1. Press POWER; "ENTER WEIGHT" will scroll across display.

2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.

3. Use the Up/Down ARROW keys or numeric keypad to select P14 BMI Test. Press ENTER.

4. "ENTER HEIGHT" will scroll across display.

5. Use the Up/Down ARROW keys or numeric keypad to select your height in inches. Press ENTER.

6. The display will give your BMI and ideal weight range.

The table below gives a general rating and BMI score:

Under Weight	Below 18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obesity	30.0 – and above

Source: Centers for Disease Control and Prevention (CDC), Atlanta, GA. The CDC is an agency of the federal Department of Health and Human Services

CONSULT YOUR PHYSICIAN FOR MORE INFORMATION ABOUT BMI AND THE WEIGHT THAT IS APPROPRIATE FOR YOU.

Custom User Programs

P15 - User Defined 1 & P16 - User Defined 2

1. Press POWER; "ENTER WEIGHT" will scroll across display.

2. Adjust weight using ARROW keys or numeric keypad (50- 300 lbs / 23-136 kgs). Press ENTER.

3. Use the Up/Down ARROW keys or numeric keypad to select the User Programs P15 or P16. Press ENTER.

4. “ENTER WORKOUT TIME” will scroll across display and “20:00” will flash in TIME display (or last entered time).

5. Use the Up/Down ARROW keys or numeric keypad to set the desired workout time (5:00-99:00). Press ENTER.

6. “PRESS START” will scroll across display prompting you to begin your workout.

7. Press START/PAUSE to start workout. Set SPEED and INCLINE for the first segment using the SPEED and INCLINE buttons. At the end of segment one the program moves to the second segment. Set the SPEED and INCLINE the same way.

8. The incline profile is shown in the dot matrix display and time will count down from the entered value until it reaches 00:00.

9. The treadmill will then enter the COOL DOWN MODE.

Keys

Enter/Cool down

You may enter the Cool-Down mode at any time during the workout session. When you press the Enter/Cool down key, the treadmill will exit the current program and the incline will return to zero.

Speed Keypad 0-9 (Bowflex® 3, 5 & 7 Series)

The Speed Keypad 0-9 is a multi-function keypad. During program setup, the Speed Key Pad (0-9) functions as a numeric keypad for data entry. During a workout session, the Speed Key Pad (0-9) functions as a group of 10 speed keys, allowing you to set speeds of 0-9 mph (or 0-14.4 km/h) by simply pushing the corresponding number on the keypad.

To set a specific speed, enter the desired speed on the keypad and the press Enter.
For example, pressing "2" + "5" + "ENTER" will program the treadmill to go 2.5 mph.

Incline Keypad (Bowflex® 7 Series Only)

The Incline Keypad 0, 1, 2, 3, 4, 5, 6, 8, 10, 12, during a workout session functions as a group of 10 incline keys, setting inclines of 0-12 percent.

Fan (Bowflex® 5 and 7 Series Only)

1. Turn on by pressing the LOW/POWER fan button.
2. To adjust the speed of the fan press the LOW/POWER, MEDIUM, or HIGH fan buttons.
3. If the fan is on the high or medium settings, press LOW/POWER twice to turn off.

Understanding Your Bowflex® Treadmill Features

Bowflex® 7 Series Console

Bowflex® 5 Series Console

Understanding Your Treadmill Features

Time

Time is displayed in the format 00:00. Time represents total time if time is counting up, or remaining time if time is counting down. (Time counts down if a workout time is entered at setup.) When time is counting up and reaches 99:59, it will roll over to 00:00.

Pace

Pace is displayed in the format 00:00. Pace represents the amount of time it will take to run one mile at the user's current speed.

Segment Time

Segment Time is displayed in the format 00:00. Segment Time represents the remaining time in the current program segment. During a Manual Workout, Calorie Goal or Distance Goal session, the Segment Time display becomes a lap timer.

Incline

Elevation is displayed in the format 00.0 and indicates the user's current commanded elevation. Valid elevation values are: 0% - 12% in 0.5% increments.

Heart Rate

Heart Rate is displayed in the format 000. Heart Rate represents the user's current heart rate in beats per minute.

Distance (Miles/KMS)

Distance is displayed in the format 00.00. Distance represents the accumulated user distance and is displayed in miles or kilometers. When distance counts up to 99.99, it will roll over.

Speed

Speed is displayed in the format 00.0 and indicates the user's current commanded speed. Valid speed values are: 0.5-12.0 mph (in 0.1 mph increments). Valid metric speeds are 0.8-19.2 km/h (in 0.1 km/h increments).

Calories

Calories are displayed in the format 0000. Calories represent the accumulated user calories burned and are calculated using the entered weight (or the default weight if using Quick Start). When calories count up to 9999, it will roll over to 0.

Calories/Hour

Calories per hour are displayed in the format 0000. Calories per hour represents the amount of calories the user will burn based on his entered weight, current speed and current elevation.

Treadmill Miles/Total Odometer

The treadmill miles value is a cumulative value of total treadmill miles. It may be reset with a key press combination.

Elevation Gain

Elevation gain represents the total vertical distance traveled during the workout session (in feet or meters) based on distance and incline.

Average Speed

Average Speed represents the average walking/jogging/running speed during the workout session (in mph or km/h) based on distance traveled and elapsed time.

Average Heart Rate

Average Heart Rate represents the average of the user's heart rate readings during the workout session (in beats per minute).

Average Incline

Average Incline represents the average of the user's incline readings during the workout session (in percent incline).

Maximum Heart Rate

Maximum Heart Rate represents the user's maximum achieved heart rate during the workout session.

Total Distance (Odometer) and Total Hours

To view total distance or total hours on the treadmill, use the following key sequence.

1. Press and hold the "ENTER" and "POWER" keys for 3 seconds. The multi-function display will show " CAL".
2. Press the "INCLINE UP" key to advance to the Configuration setting sequence. The multi-function display will show "ConF".
3. Press the "START/PAUSE" key to access the 1st parameter (Max. Speed). The time display will show " SPd" and the multi-function display will show the current maximum speed setting.
4. Press the "INCLINE UP" key 3 times to advance to the total hours. The time display will show "hour" and the multi-function display will show the total operating hours (0 - 9999).
5. Press the "INCLINE UP" key again to advance to the total odometer. The time display will show "diSt" and the multi-function display will show the total accumulated distance.

Folding, Transporting & Unfolding your Treadmill

This treadmill has a folding mechanism; you must stop operation while folding and transporting. Make sure the power is off and the power cord is removed and unplugged before folding and transporting the treadmill.

NOTE: After initial assembly your Bowflex Treadmill must be calibrated before it can be folded. See calibration instructions on page 26.

To fold the treadmill:

1. Stop the Treadmill belt.
2. Bring Elevation to zero.
3. Turn off power.
4. Squeeze the release mechanism then lift the deck to fold up the treadmill. Make sure the pin clicks into position and the deck is secure before moving the treadmill.

To transport the treadmill:

1. After folding, as mentioned in step 4 of folding section, please be sure deck is locked/engaged in up position.
2. Remove Power cord.
3. Pull backwards, holding the top of the deck, until the wheels can move smoothly.

To unfold the treadmill:

Squeeze the release mechanism down and gently lower the deck until it sits on level ground. Make sure the pin clicks into position and the deck is secure before using the treadmill.

Conversion To Metric

In order to convert to miles or kilometers, do the following:

1. Press and hold the Enter/Cool down button for 3 seconds while in sleep mode.
2. The beeper will sound once and the current units (Eng) will be shown in the left display.
3. Continue holding the Enter/Cool down button. After 3 seconds, the new units (Si) will be shown in the left display.
4. Release the Enter/Cool down button. After 2 seconds, the new units will be saved, the beeper will sound twice and the unit will enter sleep mode.
5. Repeat steps 1-4 to convert to miles per hour.

Bowflex 3, 5 and 7 Series Calibration

DO NOT STAND ON BELT WHILE CALIBRATING.

1) While in a dormant stage with the safety in/on press and hold “ENTER and “POWER” for 3 seconds or until the word “CAL” comes up on the display.

2) Press “START”.

3) Verify correct units of measure. Press “START” to change from one to another once it is on the desired unit of measure press “ENTER”.

4) Press “START” to begin calibration.

5) Once calibration is complete press “POWER” to save and press “ Power” again to exit.

Lubricate Belt Message

A lubricate belt message will be displayed for each 250 miles of belt travel. The message “Lub bELt” will be shown in the left and right displays upon waking up from sleep mode and will remain there until any key is pressed. Once any key is pressed, the weight menu is activated.

Treadmill Maintenance

Just like changing the oil in your car or replacing a filter in your home's heating and cooling system, a little preventive maintenance will insure your treadmill will operate smoothly and quietly for years to come.

Walking Belt Tension

As walking belts tend to stretch slightly with use, the walking belt may occasionally need to be tightened. If the walking belt is too loose, you may find the belt stops while running or walking, while the motor continues to run. DO NOT OVERTIGHTEN THE BELT. This will cause reduced motor performance and can cause roller damage. When properly tensioned, you should be able to lift the side of the belt about 2-3 inches (5-7 centimeters). A quick test for belt tension: you should be able to fit three fingers under the edge of the belt.

To tighten belt:

Use the hex key provided with the treadmill. Place the hex key in the hole in left end cap and into the socket of the adjustment screw. Turn key one full turn clockwise. Then place hex key in hole in right end cap and turn key one full turn clockwise. Check the tension of the belt. Continue back and forth until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment.

Walking Belt Centering

The walking belt may occasionally need to be centered. First be certain that belt is tensioned properly (see above). Run the treadmill at about 3.5 mph (6 km/h). Place the hex key through the hole in the left end cap and into the socket of the adjustment screw.

If belt has moved to the right:

Turn the right adjustment screw 1/2 turn clockwise, then turn the left adjustment screw 1/2 turn counterclockwise. If belt does not move, repeat until belt is centered.

If the belt has moved to the left:

Turn the right adjustment screw 1/2 turn counterclockwise, then turn the left adjustment screw 1/2 turn clockwise. If belt does not move, repeat until belt is centered. Then recheck tension of the belt (see above).

General Cleaning

DANGER

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING, LUBRICATING, OR SERVICING THE UNIT.

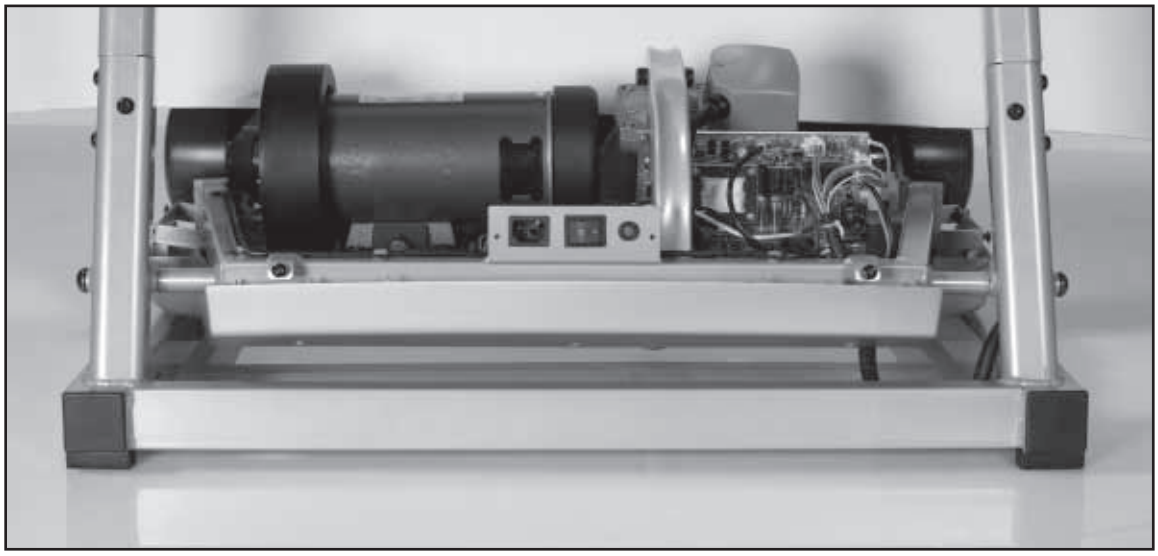
General cleaning of the treadmill will prolong the life of the treadmill and improve performance. Keep the unit clean by dusting regularly. Be sure to dust the exposed part of the deck on either side of the walking belt and also the side rails. For best performance, we recommend your treadmill be placed on a treadmill mat. Along with reducing noise, a treadmill mat will help to keep dust debris away from your treadmill's critical components. Clean the top of the belt with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt.

Removing the Motor Cover

DANGER

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE REMOVING THE MOTOR COVER OR SERVICING THE UNIT.

At least once a year remove the motor cover and vacuum under the motor cover.



Walking Belt and Deck Lubrication

This treadmill is equipped with a pre-lubricated deck and belt system. The deck and belt friction may affect the function and life of your treadmill; we recommend periodic lubrication. We also recommend a periodic inspection of the deck surface under the walking belt. If the deck appears worn, contact our service department at 1-800-864-1270 (USA), 1-800-636-8316 (French Canadian) or +41-26-460-77-77 (International).

Use the following timetable as a guide to lubricate the deck:

- Light user (less than 3 hours/week) annually
- Medium user (3-5 hours/week) every six months
- Heavy user (more than 5 hours/week) every three months

Troubleshooting Guide

PROBLEM	CAUSE	CORRECTION
Treadmill will not start	Not plugged in	Plug into three prong grounded outlet.
	Safety pull pin not inserted.	Insert safety pull pin.
	Treadmill circuit breaker tripped.	Reset circuit breaker.
Elevation not accurate	Out of calibration.	Re-calibrate unit.
Speed not accurate	Out of calibration.	Re-calibrate unit.
	Set in wrong units.	Change units.
Walking belt slips	Walking belt loose.	Adjust walking belt tension. (See page 27)
Walking belt not centered	Walking belt tension not centered across the rear roller.	Adjust walking belt tension. (See page 27)
Heart rate not displayed (using chest strap)	Transmitter not making good contact with skin.	Moisten skin contact area on the chest strap, or turn chest strap upside down.
	Electromagnetic interference.	Turn off any television, microwave or computer within 6 feet (2 meters) of treadmill.
Treadmill squeaks	Pivot points need lubrication.	Lubricate pivot points.
Treadmill will not fold up	Incline not set to zero	Power up machine and set incline to zero. If incline can not be set to zero, calibrate machine.

Locating The Circuit Breaker On Your Treadmill:

The breaker is near the front of the treadmill and near the power cord.

Warranty Information

****For warranty information outside of the United States or Canada, contact the International office listed in the Important Contact Numbers section of this manual. ****

Warranty

All Bowflex® exercise products are warranted to the retail purchaser to be free from defects in materials and workmanship by Nautilus, Inc. Warranty coverage is valid to the original purchaser only and proof of purchase will be required.

Any product sold or placed in an application not recommended will void any warranty coverage set forth by Nautilus, Inc. warranty policies and procedures.

Time Period – Residential Use (All Models):

Fifteen years on frame. Ten years on drive motor. Two years on all other parts. One year on electronics. Labor is covered for one year from date of original purchase.

This warranty does not cover:

1. Any component on original equipment that carries a separate consumer warranty of the parts supplier.
2. This warranty excludes worn items that need to be replaced due to normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus, Inc.'s liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc.'s election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied Warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures

Warranty service will be performed by Nautilus, Inc. or an authorized Bowflex® Fitness Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Bowflex® Dealer is the responsibility of the purchaser.

1. Nautilus, Inc. will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus, Inc. will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus, Inc. is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus, Inc. will apply a limited credit reimbursement toward another Bowflex® exercise product of equal or greater value.
4. Nautilus, Inc. is not responsible for dealer labor charges for component changeovers completed after the labor related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than an Authorized Bowflex® Dealer, or use a replacement part not supplied by Nautilus, Inc., Nautilus, Inc. shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See your Authorized Bowflex® Dealer or write to:

   Nautilus Inc.
   16400 SE Nautilus Drive
   Vancouver, Washington, USA 98683
   1-800-864-1270
   www.nautilus.com

Important Contact Numbers

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus, Inc. office listed below.

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- **NAUTILUS INNOVATION CENTER**
  Nautilus, Inc.
  1886 Prairie Way
  Louisville, Colorado, USA 80027
  Phone: 800-NAUTILUS (800-628-8458)
  Fax: 800-898-9410

- **TECHNICAL/CUSTOMER SERVICE**
  Nautilus, Inc.
  World Headquarters
  16400 SE Nautilus Drive
  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (800-628-8458)
  Email: customerservice@nautilus.com
  Fax: 877-686-6466

- **CORPORATE HEADQUARTERS**
  Nautilus, Inc.
  World Headquarters
  16400 SE Nautilus Drive
  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE**
  Nautilus International S.A.
  Rue Jean Prouvé 6
  1762 Givisiez / Switzerland
  Tel: + 41-26-460-77-77
  Fax: + 41-26-460-77-70
  Email: technics@nautilus.com

BUSINESS OFFICES:

- **SWITZERLAND OFFICE**
  Nautilus Switzerland S.A.
  Tel: + 41-26-460-77-66
  Fax: + 41-26-460-77-60

- **GERMANY and AUSTRIA OFFICE**
  Nautilus GmbH
  Tel: +49-2203-20-20-0
  Fax: +49-2203-20-20-4545

- **ITALY OFFICE**
  Nautilus Italy s.r.l.
  Tel: +39-051-664-6201
  Fax: +39-051-664-7461

- **UNITED KINGDOM OFFICE**
  Nautilus UK Ltd.
  Tel: +44-1908-267-345
  Fax: +44-1908-267-346

- **CHINA OFFICE**
  Nautilus Representative Office
  Tel: +86-21-523-707-00
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BOWFLEX
Treadmills

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Printed in China.